Elderly v.i. people profile in Russia

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“All people want to live long, but nobody wants to be old. "

Jonathan Swift (1667-1745)
It took more than two hundred years, and this saying has not lost its relevance in the modern world.
Elderly v.i. people profile in Russia

Elderly v.i. people profile in Russia is the basis for developing social health improvement strategies for elderly people.

- Elderly people are one of the largest social groups characterized by certain biological, social, behavioral and juridical features.
- The number of elderly people is increasing in Russian Federation (RF). In 2010 the rate of old-aged people went up to 24.8%.
- Nowadays we have registered about 40 million elderly persons: 4.3% from them are people is more senior 75 years.
- 3-4 million elderly need the constant medicine-social help.
- In boarding schools stay 216 - 220 thousand persons.
Elderly v.i. people profile in Russia

• Average life expectancy is not high in RF: for women is 73 years; for men - 58 years.
• According to the WHO classification, old age starts from 65 years, this is due to the fact that in most developed countries the retirement age established in this period,
• The retirement age in RF: • for men - 60 years, • for women - 55 years.
Elderly v.i. people profile in Russia

*The care of elderly persons is one of priority programmers in RF.*

- It was supposed that the Elderly people profile would contain the following sections:

1. Level of income and social status
2. Social assistance
3. Employment
4. Elderly people’s health
5. Education and physical activity
6. Culture, leisure and public organizations
7. Plans for “Healthy ageing” implementation.
Elderly v.i. people profile in Russia

• At the present time common problems of older generations refer to the issues of health maintenance, nutrition, housing, getting education in “the third age” and well-being.
• Nowadays 40 million elderly persons live in RF, 26 % are blind and visually impairment
• Among the problems of elderly v.i. people the most important ones are:
  
  • 1. Loss of active life position.
  • 39,5 % of elderly v.i. people don’t identify themselves with part of the society, they don’t dominate in the family.
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2. Health deterioration.
   • 58% estimate the health as "bad" and 10% - as "very bad";
   • 41% can't independently visit medical institutions;
   • 31% experience difficulties at self-service (clothing, bathing, food intake);
   • 30% suffer a hearing disorder.

3. Worse living conditions after retiring
   • In Russia the old-age pension is about 200 Euros ....
   60,8% of elderly v.i.p. spend half of their income on food, though we can see reduced nutrition.

4. Deterioration of elderly people’s emotional state.
   Practice shows that retirement has negative effects on vitality and psychological state of people. 17,7% of elderly v.i. people believe that nobody will help them in a case of helplessness as a result of disease. More than 10% of elderly v.i. persons live alone.
Possibilities and wishes

Social and Medicine
• Nowadays for elderly v.i. people are opened:
• St. Petersburg Institute of Bioregulation and Gerontology of the Russian Academy of Medical Sciences
• St. Petersburg Institute of Bioregulation and Gerontology is the research institution in the North-Western region of Russia, which is engaged in research on ageing, and at the same time is an active clinical diagnostic center in gerontology and geriatrics, including ophthalmology treatment [www.gerontology.ru](http://www.gerontology.ru)
• geriatric departments in several cities;
• a consulting-diagnostic centers;
• Medical-social rehabilitation centers

Education
• In some state universities in the faculties of sociology, valeology, psychology provides training of elderly people.
Possibilities and wishes

Social programmers

• In 2010, in St. Petersburg hosted 1-st International Forum - an exhibition of innovative technologies for the elderly and people with special social status: "The world has changed and we change with it."

The main objectives of the forum: familiarize the elderly and people with special social status with the possibilities of modern information technologies that are innovative for them now. The Forum will have an annual format.

• Since 2008, established and approved by the Russian government the social program: "Grandma Online" - "Grandpa-online": free training computer literacy and information technologies of elderly people. Special classes are opened in public organizations, libraries, counseling centers, charitable organizations.

• "Libraries – for the elder generation"

Under the roof of libraries are opened 'Clubs of Elder Persons"
The strategy and development

- The aim of strategy: better health and life quality for the elderly v.i. people

Objectives:

1. Strengthening of aged v.i. people physical health.

For solving this task it’s planned:

- to increase elderly persons’ interests to physical training classes and sport through organization of information-educational and propagandistic work on wide development of physical training;
- organization fitness classes and holding of sport competitions for elderly people.
- Health-improving activities, training to dotty massage skills and respiratory gymnastics.
The strategy and development

2. Involvement of elderly persons into active life:
- to open clubs for elderly people;
- to expand elderly people’s possibilities in taking part in cultural activities among the masses and social life of the city;
- involvement of elderly people into work with youth and unfavorable teenagers.

3. Social adaptation of elderly persons to changing conditions of contemporary life:
- organization of additional education for elderly people;
- organization and conducting social-psychological trainings for elderly people.

4. Elderly people's right protection.
- organization of services for rendering juridical services to elderly people.
The strategy and development

5. Drawing public attention to elderly people problems

- holding conferences and “round tables” with the most active aged persons to define the problems and needs of the elderly people for organization of government work in the field of rendering different kinds of assistance for a such category of people;

- celebrating Elderly Person Day;

- interaction with mass media on the issues of covering aged people problems and the examples of active life position;

- holding lectures at schools and higher educational establishments on the theme: “Elderly people relations with children and grandchildren”
Conference 2013

Theme (variants):

• "Social adaptation, support and healthcare for elder v.i. people in the modern society“

• “Society for all ages”

• .....
Conference 2013

Key aspects of the conference:

- The structure of social support for the elder v.i. people in different countries
- Juridical and insurance support for the elder v.i. people
- Healthcare
- Equipment and rehabilitation means for the elder handicapped people
- Employment
- Professional trainings for the social and medical personnel working with the elder and handicapped
Photo-Exhibition
Thank you very much for your attention
The blindness reasons

- Cataract (the cataract interfering passage of light),
- Not corrected refraction anomalies (short-sightedness, a far-sightedness or an astigmatism),
- Glaucoma (group of the diseases leading to an atrophy of an optic nerve),
- The degeneration of a macula retinae caused by age (causing loss of "the sight center").
The blindness reasons

- Other reasons:
- Turbidity of a cornea,
- Diabetic retinopathy,
- Trachoma causing blindness,
- Deficiency of vitamin A.